

Beginning West Coast Swing

taught by Ronnen and Danielle
July 17 and 24, 2002

Figure	Timing
Preparatory Triple Steps	1 & 2 3 & 4
Throwout	1 2 3 & 4 5 & 6
Sugar Push	leader: 1 2 3 4 5 & 6 or 1 2 3 & 4 5 & 6 follower: 1 2 3 & 4 5 & 6
Sugar Bump	1 2 3 4 5 & 6
Underarm Turn	1 2 3 & 4 5 & 6
Delayed Underarm Turn*	1 2 3 & 4 5 6 7 8 9 & 10
Back You Go*	1 2 3 & 4 5 6 7 & 8
Basic Whip	1 2 3 & 4 5 6 7 & 8
Leader's Half Turn Right With Face Loop And Hand Change*	1 2 3 & 4 5 & 6
Threading The Needle	1 2 3 & 4 5 & 6

* Starred figure names have been made up for this class.

Music and Timing. West Coast Swing is danced to 4:4 music, typically blues, swing, pop, or funk, and is very handy at parties. The music is counted 1 2 3 4 5 6 7 8, but figures can have any even number of beats, most commonly 6 (e.g., a sugar push) or 8 (e.g., a basic whip).

Posture. Stand tall with your body weight centered over your feet. Exercise for posture: stretch, rise, balance, settle. Move smoothly—**don't bounce!**

Frame and Connection. Connect hands by hooking closed fingers without squeezing. Joined arms hang loose until arm tension is created by figures that separate your bodies. No chipmunk arms, please.

Lead and Follow. Leaders: walk backward to bring your partner forward; never pull your arm toward your body to move your follower. Step out of the slot to make way for your partner. Followers: your open-position figures usually begin with two forward walks, and almost never begin with a rock step backward. Don't start or stop moving until led to do so—autopilots are for airplanes. Looking up at your partner will make following easier and prevent close encounters of the unwanted kind ☺.

Our Dance Websites

<http://OutDancing.com> (Ronnen)
<http://SweetSmile.com> (Danielle)

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